Mountain Passages
The Newsletter of the New Hampshire Chapter of the AMC

Volume 35, Number 5
September/October 2009

AMC-NH Chapter Annual Meeting and Dinner Program
Saturday, October 3
The Yard Restaurant, Manchester, NH

Tales of Outdoor Adventure and Misadventure
Guest Speaker: Bruce Marcus, Storyteller

Prior to the Program, there will be a short business meeting to elect our officers and committee chairs for the coming year.

Storyteller Bruce Marcus has been regaling audiences with his lively brand of funny, thoughtful and interactive storytelling since 1990. Serving up a variety of refreshing original material, Bruce dishes out a piquant gumbo of stories, poems, crowd-wowing rhymes, audience interaction and the occasional song. He has appeared in settings as diverse as beaches, high mountain huts, small gatherings and large events including First Night Boston, New England Folk Festival and Three Apples Storytelling Festival, and is slated to perform at the first annual Granite State Storytelling Festival in New London in October, just two weeks after his visit with AMC New Hampshire Chapter.

An avid outdoor person, his favorite activities include hiking, biking, backpacking, camping, swimming, boating, ice skating and cross-country skiing. Bruce draws inspiration for

Note from the Chair

It's September—time to experience the outdoors with less: less heat, less bugs, less humidity, less sunburn, less rain (well maybe not less rain). Hiking, climbing, and trail work in the fall can be more comfortable. Water from cool rains warms up as it percolates through the earth and increases the flow for paddling the streams and rivers. The views open up and burst with color when the leaves turn and drop. Summer activities wind down; it's time to experience the outdoors in a new setting.

One of the best ways to experience the outdoors is by joining an AMC activity. The Chapter and Club have lots of offerings lead by volunteers or professional staff. There are activities for all levels from beginners to experts. Many of the NH Chapter activities can be found on our website at amc-nh.org. The Club website, outdoors.org has even more activities. Now is the time to experience the outdoors!

The leaves are not the only things changing this fall. Our NH Chapter Annual Meeting in early October will end my term as your Chapter Chair. I have had the opportunity to work and recreate with lots of fine people all dedicated to the AMC's mission. “The Appalachian Mountain Club promotes the protection, enjoyment and stewardship of the mountains, forests, waters, and trails of the Appalachian region.” It has been interesting to find out that each of those people has a

The list of AMC New Hampshire Chapter Nominees for 2009-2010 is available on our Website amc-nh.org/ or by contacting Paul Berry at 603-423-1192 or PaulBerryAMCNH@aol.com.

Deadline to register for the Annual Meeting and Program is Sept. 26. See page 9 for the registration form, menu and directions to the Yard Restaurant.

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Continued on page 3
Who’s Who in AMC-NH

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AMC-NH Chapter Website  www.amc-nh.org
Address changes and membership renewals:
AMC Member Services, 5 Joy Street, Boston, MA 02108
617-523-0636 or www.outdoors.org/membercenter

Submitting Articles & Photos

Members are welcome to submit articles or photos to newsletter@amc-nh.org. Articles may be submitted as MS Word docs. They may be edited at the discretion of the editor to meet space and style requirements.

Photos must be high resolution: 300 DPI when sized to about three inches wide. If you set your camera to the highest or best quality setting, this will produce a high resolution image. Lower resolution images may look sharp on your camera or computer screen, but do not work in print. Please save the image as a JPG file. The image must not include a date stamp or caption embedded in the photo. Please include separately as text caption, the names of the people in the photo, where it was taken and the photographer. Email photos and text as attachments to newsletter@amc-nh.org.

Publication is on a space-available basis at the discretion of the editor. While Mountain Passages does not pay for submissions, a byline or photo credit is given.

Advertise in Mountain Passages

The AMC NH Chapter membership is over 10,000 strong. Members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking. If you have a product or service that New Hampshire AMC members would benefit from, consider advertising in Mountain Passages, published six times a year!

Display ad rate: $12 per square inch (4 sq. inch min.)
Classified ad rate: $1 per word (20 word minimum)

Email newsletter@amc-nh.org for a rate sheet. The AMC-NH Chapter reserves the right to refuse ads that are not related to the mission of the AMC (outdoor adventure, education and conservation).

For more information, or to place an ad, email newsletter@amc-nh.org.

Moving? Address Change?

Please do NOT send address changes to the Mountain Passages address shown on this newsletter.

Instead, please contact AMC Member Services in Boston for address changes or membership renewals. To update your member information, visit www.outdoors.org/membership or call 617-523-0636 Ext 0.

Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.
Notes from the Chair

Continued from page 1

somewhat different opinion regarding the implementation of the Club’s mission. Within the chapter, I have been fortunate to have members that have volunteered to lead the numerous committees, activities, and trips.

None of this would be possible without our members and their support. Members who support the Club’s mission by joining the club; supporting initiatives; staying at an AMC facility; using an AMC-maintained trail or waterway; taking a class; leading an activity, committee, chapter, or the Club; educating others; and spreading the word. To all of you, I say Thank You.

Paul Berry, Chair
AMC-NH

AMC-NH Annual Meeting and Dinner Program

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much of his material from the great outdoors and—for better or worse—our endeavors there, and greatly relishes sharing these exploits with like-minded enthusiasts. He has been invited to spin yarns for AMC at Cardigan Lodge and Greenleaf Hut, and was the special holiday speaker for the Boston Chapter’s monthly speaker series for seven consecutive Decembers.

Bruce knows that any gathering of outdoor lovers will already be brimming with great stories, and with many years of experience as both event host and story-sharing activities leader, he hopes to elicit some of New Hampshire Chapter member’s own tales of outdoor adventure and misadventure. In rhyme or out, as raconteur or story swap guide, Storyteller Bruce Marcus is sure to keep New Hampshire Chapter highly engaged and entertained. Don’t miss what promises to be a rollicking celebration of the great outdoors!

See page 9 for more information and to register.

David McGraw of Campton, NH has won a two-night stay at an AMC destination of his choice!

Members who had elected to receive Mountain Passages electronically by July 1, 2009 were automatically entered into the drawing.

In our continuing effort to reduce our newsletter costs, while still providing our membership with information about AMC New Hampshire Chapter events and other important news, we urge all Chapter members to set their newsletter delivery preference to e-delivery. By doing so, you’ll help us save money on printing and postage so more of our Chapter budget can go toward the outdoor adventure activities that we all enjoy. Members can elect to receive Mountain Passages through the new online Member Center at www.outdoors.org/membercenter.

2010 Reservations open for AMC Destinations

Individual members and the public can book reservations at AMC lodges and huts for the coming year. Make the most of your vacation dollars with AMC: Stay 4 nights, get the 5th night free. The AMC is consistently discounting 3-night and 5-night stays during peak periods, simplifying travel planning. Three-night rates are always 10% off the base single night rate, and five-night rates are 20% off—stay 4 nights, get the 5th free). Discounted pricing will include all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge. These rates are available Sunday-Friday at any combination of huts and lodges in New Hampshire and Maine during peak periods.

Cardigan meal service on winter weekends will continue. Cardigan Lodge will offer meal service (dinner, breakfast, and trail lunch) on Friday and Saturday nights (and Sunday nights on Martin Luther King and President’s Day weekends) January through March, making it even easier to enjoy the great cross-country skiing, snowshoeing, and hospitality at this destination. Whole-lodge, self-service rentals will be available for groups throughout the winter, and groups of 25 or more can still arrange for meal service Sunday-Thursday with advance notice.

Don’t miss out—plan your 2010 AMC vacation today! Visit outdoors.org/lodging or call 603-466-2727 for more information and reservations.
When I think of the title of this newsletter, Mountain Passages, I also think of my own mountain passages over this past year. I am an avid hiker, with a strong passion for the mountains. Matter of fact, anyone who knows me well will laugh that I have put it that mildly! However, up until this past winter, I usually satisfied my trail fever with a little snow shoeing on the ‘lesser’ trails during the winter months—just enough to keep my blood flowing until the spring thaw. But this winter was different; I no longer wanted to hang up my boots because it was snowing out—I wanted to be out in it!

The strong desire to climb the higher peaks in their frozen state and experience the beauty of REAL winter—above tree line, gnawed at me until I knew it was time to do something about it. A hiking partner had told me about the AMC-NH Winter Hiking Series, and provided all the temptation I needed with stories of the winter landscape, adding that the series had great instructors, and that there was a lot to learn from the experienced winter hikers who led the series’ hikes. I decided to apply to participate and, to my delight, I was accepted. I couldn’t wait for it to start.

I had a very vague definition of ‘safe’ in the White Mountains in winter, but the WHS took my definition to a whole new level, I learned it involved a whole lot more than just staying warm and dry. There’s the issue of traction, being able to walk safely, not only on snow, but on the glare ice that coats the summits and trails during the freeze-thaw cycle in early and late winter. My experience with wind chill factor was seeing how quickly I could make it from the warmth of the car to the warmth of the house! So, being out in sustained winds wasn’t something I had a clue how to achieve.

I had never heard of a balaclava, which protects my face from the dangers of frostbite due to the frigid wind, nor did I know that I could insulate my drink with a water bottle insulated carrier. (I had always just turned around on the trail when my water started to turn to slush.) And, there are gaiters for my boots and a gator for my neck? How about that!

There was also the issue of finding my way when even the most familiar trail I trekked totally changed in appearance, making every inch of the forest look the same pure crystalline white!

Needless to say, I needed instruction, not only about what kind of gear I needed, but about how to USE it!

The transformation began with the first WHS Saturday lecture session. I listened intently to instruction, took notes on what gear to buy, and what gear to get rid of. In addition to the lecture, we received an incredible booklet outlining gear pros and cons and scores of other information about winter hiking. There were also demonstrations on how to layer different fabrics to shield my body from the elements. The more information I took in, the more excited I became at the prospect of being able to achieve my goal of winter hiking. The following week, we began the journey into the cold November wind, where I felt comfortable and a little less apprehensive to be out there.

With each passing week, the knowledge and the confidence I gained began to add up into what would be one of the most life-changing seasons I’d ever experienced. Not only did I get to climb, I got to soar, reaching all but a few of the forty-eight 4000+ foot peaks in New Hampshire!

I owe this passage of sorts from passionate three-season hiker to maniac winter peak-bagger to the WHS. There were many wonderful volunteers, along with many patient leaders, who led me through the rest of the winter of 2009. I knew very little about safety equipment or what to expect when venturing above tree line when the temperature plummeted and the snow started to fly.

Not only did I learn about equipment, regulating my body temperature and how to stay alive, but also came away with something else very valuable—winter hiking friends—the kind of friends who not only tell you what to do out there, but TAKE you out there to make sure you understand what they’ve taught you. I have continued to hike with participants and leaders from last year’s WHS, as well as fellow hikers from previous classes, knowing we have all been given the knowledge and experience to watch out for each other in the worst of conditions. There will be little in my life that will surpass the winter of 2008, except of course, the winter of 2009!

If you’re a three-season hiker and you’re gasping for air due to the pollen count, or the bugs are driving you crazy...
The WHS
Continued from page 4

while you’re tripping over roots and rocks on the trail, or if you’ve ever stood looking out the window watching it snow and wishing you were out there in it, apply for the WHS—Just Do It!

This is just my side of the story, if you want more information and an application, contact Bob Humphrey at 603-456-3708 or email bobh@mcttelecom.com and tell him I said hello.

Register now for the upcoming Winter Hiking Series

The first weekend is mandatory for all participants. Dates and hikes:
- Oct. 24 (lecture) and Oct. 25 hike based out of Pinkham
- Oct. 31 Mt. Flume
- Nov. 14 Mt. Liberty
- Nov. 21 Mt. Mooselauke
- Dec. 5 Mts. Eisenhower & Clinton
- Dec. 19 Franconia Ridge: Mts. Lincoln & Lafayette

Registrants are expected to participate in all hikes. A participant may miss one hike; we understand conflicting schedules, however we prefer you make all hikes as conditions can change drastically from hike to hike.

To be accepted, participants must have the following:
- strong three-season skills, having completed many 4K peaks, preferably in the White Mountains; some winter experience is a plus, be it cross-country skiing, or snow shoe romps here and there.
- the ability to hike 10 or more miles at a moderate to fast pace;
- either Stabilicers® or Kahtoola MICROspikes® at the start of the series;
- a valid email address (for communications purposes).

Applicants must complete a comprehensive application. Acceptance is at the discretion of the program leaders. A $75 non-refundable registration fee is due upon acceptance.

For more information and an application, contact Bob Humphrey at 603-456-3708 or email bobh@mcttelecom.com.

Membership in a Bottle

The Perfect Gift for your favorite outdoors person!

Specially designed AMC Nalgene® Bottle with Gift Card
- Single membership $50
- Family membership $75
- $10 Gift Certificate good toward AMC workshops, books, and lodging!

Call Bob at 603-456-3708.

Available to new members only.
Greetings NH Skiers!

The days are getting shorter and the nights are getting cooler. While none of us are ready to quite give up on summer, ski season will soon be upon us. With that in mind, the ski committee has some upcoming events that might pique your interest.

Sat., Oct. 17 is the First Annual Ski Swap, Tuning Clinic and Social in Bedford, NH. The fresh snow hasn’t started to accumulate at Tuck’s yet, but we’re getting psyched for winter! At this event, you can trade skis, participate in a ski-tuning clinic and celebrate the season of no mosquitoes.

Ski committee leaders Emilie Phillips and Paul Pinkham will be running the ski tuning clinic. Participants will be instructed in the fundamentals of ski tuning and waxing for both alpine (Nordic downhill) and traditional cross-country skis. For information, contact Richie Holstein (603-472-2526, richienh@comcast.net), Tony Schmidt (603-726-7256, skinhamc@gmail.com), or Emilie Ann Phillips (603-809-0556, chamois@gmail.com).

In addition to the ski swap and tuning clinic, there will be mid-week evening learn-to-ski and intermediate ski clinics at various locations in New Hampshire. Both telemark and traditional cross-country clinics will be offered.

Planning is also underway for the first annual backcountry ski festival, tentatively scheduled for an early March timeframe. Tony Schmidt, NH Chapter Ski Committee Chair is looking for activity suggestions and volunteers to help pull the festival together. If you have a suggestion or you would like to volunteer, please contact Tony at skinhamc@gmail.com.

If you have any questions or comments about any ski committee activities, please do not hesitate to contact me. Ski ya out there...

Tony Schmidt
Ski Committee Chair
AMC-NH Chapter

Reminder!

AMC NH Chapter Fall Hut Night

Sat. Sept. 12 Galehead Hut

Don’t forget to register for this event.

Cost is $90 and includes the social hour, Saturday night dinner, Sunday morning breakfast, tip for the croo, and a wonderful bunk with blankets. That is a $13 savings to you!

Galehead Hut is located on the shoulder of South Twin Mtn. It’s a great time of year to catch the change of seasons and foliage in the mountains.

Be sure to bring warm clothing and rain gear. A sleeping bag and clothes to relax in are a good idea. We will have NH Chapter trip leaders available for a group-led hike to the hut if you are interested. Otherwise, consult your AMC Guidebook for trail details.

Registration: Send your application and check, or for more information and an application, contact Tim Kennedy at 603-635-2517 or takhike@comcast.net; 109 Garland Drive, Pelham, NH 03076.

New AMC Blogs

AMC’s two newest blogs launched at the start of June and offer tips on getting kids outside in the Northeast and gear expertise.

“Great Kids, Great Outdoors” blogger Kristen Laine draws on her own experience as an outdoors person, writer, and mother—plus recommendations from AMC experts—to provide practical advice for easing kids into outdoor experiences.

“Equipped” blogger Matt Heid, a longtime AMC Outdoors contributor, is reporting and commenting on outdoor gear.

Each blogger posts about twice a week and welcomes comments. You can find the two new blogs at outdoors.org/blogs. Sign up for an RSS feed of either one or both, so new posts will come to your email inbox automatically.

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Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009

Make the most of Your AMC membership!

Get a weekly digest of upcoming chapter activities sent to your email inbox!

- Create and update your member profile
- Change your address or chapter affiliation
- Manage your e-mail preferences, including e-delivery of chapter newsletters
- Get program and discount opportunities for new, individual, and family members
- Subscribe to Appalachian, the longest-running journal of mountaineering and conservation with articles on mountain exploration, ecology, and conservation; analysis of accidents in the White Mountains; poetry, book notes and more.

Register today!
outdoors.org/membercenter
Get AMC-NH Chapter Activities Sent to Inbox!

AMC's new online activity digest allows members to sign up for a weekly, bi-monthly, or monthly email summary of upcoming chapter activities and advance notice trips. Members can sign up for as many as three digests, and select chapters, committees, activities, and regions of interest. Members can sign up through the AMC Member Center at outdoors.org/membercenter.

Staying Found Workshop
Sat. Sept. 19
Mt. Sunapee Resort in Newbury, NH

K-9 Search & Rescue will teach children and families how to stay found as well as basic survival skills. The program will feature a live search dog demonstration and includes a short family-friendly hike after lunch. The workshop is free and designed for families with kids ages 4-12, but all are welcome.

Pre-registration is required. Visit amc-nh.org/stayfoundwkshp or email Dave Passios at dmpbrick@aol.com for more information. To register contact Wanda Rice at 603-432-7840 (before 8 p.m.) or email WandaRice@comcast.net.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>September</td>
<td>12 Hut Night at Galehead. See page 6 for info.</td>
<td></td>
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<tr>
<td></td>
<td>19 Staying Found Workshop. See info on this page.</td>
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<tr>
<td>October</td>
<td>3 AMC-NH Annual Meeting and Dinner Program at Yard Restaurant in Manchester. Guest Speaker, storyteller Bruce Marcus. See page 1 for details and page 9 for the registration form.</td>
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<tr>
<td></td>
<td>3 Map &amp; Compass Training, Warner, NH. See below for more info.</td>
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<td>16-18 Fall Gathering; hosted by the Berkshire Chapter in Beckett, MA at Chimney Corners. More info on page 7 or visit amcberkshire.org.</td>
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<tr>
<td></td>
<td>17 First Annual Ski Swap, Tuning Clinic and Ski Social in Bedford, NH. See page 6 for more info.</td>
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<tr>
<td></td>
<td>24 &amp; 25 NH Chapter Annual Winter Hiking Series, continues through December. Read all about it on page 4.</td>
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<tr>
<td>January 2010</td>
<td>30 AMC Annual Meeting. Save the date! See page 3 for more info.</td>
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</tbody>
</table>

Weekend Calendar

What are you doing this weekend? AMC-NH is always planning something. Our weekend calendar has all this weekend's trip listings, social events and workshops in one convenient place. It's just one click away at amc-nh.org/weekend. More information about these events and many more can be found at amc-nh.org and outdoors.org/about/calendar or see AMC Outdoors magazine.

Map and Compass Training
Sat., Oct. 3 in Warner NH

Learn the basics of off-trail navigation through an introduction to map reading, terrain association, and directional control using a compass. This workshop is geared toward beginners or those with just a little prior experience. Participants must be able to hike two to three miles and you will need the following:

- A protractor-type compass such as Silva and Suunto (particularly model M3). These are readily available at EMS, LL Bean, REI, etc.;
- A ruler and pencil;
- Eye protection such as safety glasses, sunglasses, goggles, or prescription glasses;
- A small day pack with a lunch, water, rain gear, snacks, and a warm layer or two;
- Hiking boots, long pants and long sleeve shirts.

For more information or to register, please contact Bob Humphrey at 603-456-3708 (7 to 9 p.m. only please) or email bobh@mcttelecom.com.
AMC-NH Chapter Annual Meeting and Dinner Program
Sat. Oct. 3

Guest Speaker: Bruce Marcus, Storyteller

Tales of Outdoor Adventure and Misadventure

The Yard Restaurant
1211 South Mammoth Road
Manchester, NH
6 p.m. social hour with appetizers
7 p.m. dinner followed by the program

Menu: Tossed salad and fruit medley, baked chicken with assorted barbeque and honey mustard sauce, seasonal vegetable and starch. Dessert: Assorted baked cookies, coffee, tea. Vegetarian plate available upon advance request—see registration form.

Directions from the west: Directions: The Yard is located at the intersection of Rte. 28 and Mammoth Road in Manchester, just north of the Londonderry town line. From I-293 and Rte. 101, take exit 1 and go south on Rte. 28 (South Willow St.). Bear left at Super Shoes Factory Outlet. Stay on Rte. 28 South and enter the parking lot at the Best Western Executive Court Inn on your left. The Yard is at the south end of the parking lot. Enter the restaurant at the north end of the building (under the canopy). Please note, our dinner program will be in the Pavilion Room on the second floor; there is no handicap access. For more information, visit www.theyardrestaurant.com.

For questions or additional information,
call Janice Bremer, Hospitality Co-Chair, at 603-672-9626 (until 8:30 p.m. only).

Registration Form
AMC-NH Chapter October Annual Meeting and Dinner Program
Sat. Oct. 3, 2009
$25 Members and $28 Non-Members

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Name</td>
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<tr>
<td>Number of vegetarian meals requested</td>
<td></td>
<td>Total Enclosed: $</td>
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</tbody>
</table>

Please send Registration Form and your check payable to AMC-NH Chapter to:
Janice Bremer, 50 Quarry Circle, Milford, NH 03055
All registrations must be received by Sept. 26.
You will not receive a confirmation.

New!
Convenient online registration!
Go to amc-nh.org to register and pay by credit card online!
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